



Pepper Cream Risotto

FEBRUARY 2024

IFAB
FOODSERVICE
MALAYSIA

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Pepper Cream Risotto



4 servings



40 minutes

Review



INGREDIENTS

3 Red peppers
2 Onions
80 g Butter
400 g Risotto rice
White wine
Vegetable broth, hot
Parsley
1 Garlic clove
80 g Grated Pecorino cheese
Salt
Pepper



DIRECTIONS

1. Heat the static oven to 220 °C. Halve the peppers, remove the seeds and place them on a baking tray lined with baking paper, skin side up. Roast them for about 15 minutes, until dark bubbles appear on the skin. Transfer them to a freezer bag and leave for 10 minutes.
2. Finely chop the onions and fry them in a little butter over a medium heat. Add the rice and toast it, stirring, until it becomes translucent. Deglaze with the wine and allow the liquid to evaporate.
3. Add the stock a little at a time, so that the rice is always covered. Continue cooking over a low heat until the risotto is creamy.
4. Meanwhile, peel the peppers and cut them into strips. Set some aside for decoration, transfer the others to a tall container.
5. Add the parsley leaves and garlic and blend everything finely with an immersion blender.
6. Stir the pepper mass into the almost cooked rice and bring briefly to the boil. Add the rest of the butter and $\frac{3}{4}$ of the pecorino cheese. Adjust the salt and pepper. Garnish the risotto with the pepper strips set aside and sprinkle with the rest of the pecorino.

NOTES

Pepper cream risotto is a rice-based first course rich in flavor and, following very few precautions, quite simple to prepare. For this recipe we decided to use Carnaroli rice which has excellent resistance to cooking thanks to its greater quantity of starch compared to other varieties of rice, so much so that it is also often called the "King of Rices". Alternatively, Vialone Nano, Roma or Baldo are also good.

☐ Vegetarian

☐ Vegan

☐ Dairy Free

☐ Gluten Free

☐ Low Carb